

POOL ADMISSION GUIDELINES (ADULT TO CHILD RATIOS)

A responsible adult, aged at least 16 years or over, should accompany all children under the age of eight into the swimming pool and maintain a constant watch over the children for whom they are responsible. They are required to stay in the water with the children at all times and keep close contact with those children who are weak or non-swimmers.

Main pool

One adult can be responsible for:

- two children aged four to seven years old; or
- one child under four years old.

Small pool

Classified as a designated non-swimming area. One adult can be responsible for:

- three children aged four to seven years old; or
- two children under eight, where one or more may be under four years old.

Please note that these ratios are dependent on all non-swimming children wearing armbands or other buoyancy aids. We recommend that these armbands or buoyancy aids are approved to British or European Standards. All of the specified ratios are in accordance with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) guidelines.

Children eight and over must use the correct changing room for their gender. If you have any special requirements please speak to the duty manager.

Please enquire about adult swimming lessons at reception.

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Medina

UPDATED: OCTOBER 2018

4142NBH 10/18 SC

PRICES

Casual swim (adult) ---£4.60	Group swim £10	Aquababes £5.50
Casual swim (junior) -£2.30	Aquacise (adult) £6	- additional adult ---- £2.50
Casual swim (under 4) -FREE	Aquacise (junior) from £3.40	- additional child £1

Casual session, lane swimming, fun sessions and Aquacise classes are included in all the One Card options.
*Group swim is for up to four people. Any extra swimmers will be charged at the junior rate.

PUBLIC ACCESS AND SCHOOL SWIMMING

Children eight and over must use the correct changing room for their gender. If you have any special requirements please speak to the duty manager.

LANE SWIMMING

For competent swimmers only.
Slow, medium and fast lanes at all lane swimming sessions.

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medina.leisure@iow.gov.uk

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The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors with flexible payment options.

MEDINA POOL PROGRAMME

excluding school holidays
(see separate programmes)

Swimming is a great activity for all-round fitness. It's great for your joints and muscles. Meet people at Aquacise classes or choose lane swimming.

CASUAL SWIMMING

SWIMMING LESSONS

WATER WORKOUT CLASSES

LANE SWIMMING

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MAIN POOL

	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM
MONDAY		Lane swim (two lanes) ¹ 7.15 to 9am	Aquacise ² 9 to 10am		School hire 10.30 to 11.30am		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (two lanes) 5 to 7pm		Aquacise ² 7 to 8pm Hydro Active ² 7 to 8pm	Swimfit 8 to 9pm	
TUESDAY	Seaclose Swim Club ³ 6 to 7.30am	Lane swim (two lanes) ¹ 7.15 to 9am	Hydro Active ² 9 to 10am		School hire 10.30 to 11.30am		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (two lanes) 5 to 7pm		Seaclose Swim Club ³ 7 to 9pm		
WEDNESDAY	Seaclose Swim Club ³ 6 to 7.30am	Lane swim (two lanes) ¹ 7.15 to 9am	Aquacise ² 9 to 10am		School hire 10.30 to 11.30am		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (two lanes) 5 to 7pm		Aquacise ² 7 to 8pm	Wight Tri ² 8 to 9pm	
THURSDAY	Seaclose Swim Club ³ 6 to 7.30am	Lane swim (two lanes) ¹ 7.15 to 9am	Aquacise ² 9 to 10am		School hire 10.30 to 11.30am		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (two lanes) 5 to 7pm		Aquacise ² 7 to 8pm	Adult swim 8 to 9pm	
FRIDAY		Lane swim (two lanes) ¹ 7.15 to 9am	Aquacise ² 9 to 10am		School hire 10.30 to 11.30am		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (two lanes) 5 to 7pm		Seaclose Swim Club ³ 7 to 9pm		
SATURDAY	Seaclose Swim Club ³ 6.30 to 10.30am				Junior swim lessons 10.30am to 1pm		Fun session 1 to 3pm		Casual swim ⁴ 3 to 5pm						
SUNDAY			Seaclose Swim Club ³ 8.30 to 9.30am	Casual swim ⁵ 9.30am to 12pm		Available for private hire 12 to 1pm	Fun session 1 to 3pm		Casual swim ⁴ 3 to 5pm		Seaclose Swim Club/ West Wight Swim Club ³ 5 to 7pm				

SMALL POOL

	7AM	8AM	9AM	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	
MONDAY				Aqua Babes 9.30 to 10.30am	School hire 10.30 to 11.30am		Casual swim 12 to 2pm		Available for private hire 2 to 3pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 7pm		
TUESDAY				Aqua Babes 9.30 to 10.30am	School hire 10.30 to 11.30am		Casual swim 12 to 2pm		Available for private hire 2 to 3pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 7pm		
WEDNESDAY				Available for private hire 9.30 to 10.30am	School hire 10.30 to 11.30am		Casual swim 12 to 2pm		Available for private hire 2 to 3pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 7pm		
THURSDAY				Aqua Babes 9.30 to 10.30am	School hire 10.30 to 11.30am		Casual swim 12 to 2pm		Available for private hire 2 to 3pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 7pm		
FRIDAY				Available for private hire 9.30 to 10.30am	School hire 10.30 to 11.30am		Casual swim 12 to 2pm		Available for private hire 2 to 3pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 7pm		
SATURDAY			Seaclose Swim Club ³ 8.30 to 10am		Junior swim lessons 10am to 1pm		Fun session 1 to 3pm		Casual swim 3 to 5pm					
SUNDAY			Seaclose Swim Club ³ 8.30 to 9.30am	Casual swim 9.30 to 12pm		Available for private hire 12 to 1pm	Fun session 1 to 3pm		Casual swim 3 to 5pm					

Notes:

- Last entry 8.40am
- These classes are held in the shallow end of the pool.
- Private hire sessions – if you wish to join these sessions please book and pay direct with the relevant group, not Leisure.
- Lane swim (two lanes), 4 to 5pm.
- Lane swim (two lanes), 9.30 to 11am.